

COMMISSIONERS PRESIDENT SAYS
SAVING MONEY NO BIG ARM

President Wilson Favors the Training of Men Voluntarily as Fighters.

(Continued From Page One.)

merly imported and eagerly look to us to supply their all but empty markets. This is particularly true of our neighbors, the states, great and small, of Central and South America.

Need of Ships.

"We have the resources, but are we fully ready to use them? And, if we can make ready what we have, have we the means at hand to distribute it? We are not fully ready; neither have we the means of distribution. We are willing, but we are not fully able. To speak plainly, we have grossly erred in the way in which we have developed and hindered the development of our merchant marine. And now, when we need ships we have not got them.

Urges Senate to Act.
 "I have come to ask you to remedy and correct these mistakes and omissions, even at this short session of congress, which would certainly seem to have done all the work that could reasonably be expected of it. The time and the circumstances are extraordinary, and so must our efforts be also."

"Fortunately, two great measures, finely conceived, the one to unlock, with proper safeguards, the resources of the national domain, the other to encourage the use of the navigable waters outside that domain for the generation of power, have already passed the house and are ready for immediate consideration and action by the senate. With the deepest earnestness I urge their prompt pas-

Philippine Question.

"And there is another great piece of legislation which awaits and should receive the action of the senate. I mean one bill which gives a larger measure of self-government to the people of the Philippines. How better, in this time of anxious questioning and perplexed policy, could we show our confidence in the principles of self-government?"

of liberty as the source as well as the expression of life; how better could we demonstrate our own self-possession and steadfastness in the courses of justice and disinterestedness than by thus going calmly forward to fulfill our promises to a dependent people?

Need of Ships.
 "How are we to carry our goods to the empty markets of which I have spoken if we have not the ships? How are we to build up great trade if we have not the means of transportation upon which all profitable and useful commerce depends? And how are we to get the ships if we wait for the trade to develop without them?"

Recalls Railway Subsidies.
 The case is not unlike that which

confronted us when our own continent was to be opened up to settlement and industry and we needed long lines of railway. We lavishly subsidized the building of transcontinental railroads. We look back upon that with regret now, because the subsidies led to many scandals of which we are ashamed; but we know that the railroads had to be built, and if we had it to do over again

Government Must Help.—“Hence the pending shipping bill, discussed at the last session but as yet passed by neither house. In my judgment such legislation is imperatively needed and can not wisely be postponed. The Government must open the states to open and open them wide, open them before it is altogether profitable to open them, or altogether reasonable

To ask private capital to open men at a venture. It is not a question of the government monopolizing the field. It should take action to make it certain that transportation at reasonable rates will be promptly provided, even where the carriage is not at first profitable.

Rural Credits: Sea Safety.

"The great subject of rural credits still remains to be dealt with and it is

a matter of deep regret that the difficulties of the subject have seemed to render it impossible to complete a bill for passing at this session, but it can not be perfected yet, and therefore there are no other constructive measures, the necessity of which I will at once call your attention to; but I would be negligent of a very manifest duty were I not to call the attention of the senate to the fact that the proposed convention for safety at sea awaits its confirmation and that the limit fixed

Cons? Survey.
"There is another matter of which I must make special mention, if I am to discharge my conscience, lest it should escape your attention. It affects one single item of appropriation. But many human lives and many great enterprises hang upon it. It is the matter of making adequate provision

"We have not provided adequate vessels or adequate machinery for the survey and charting. We have used old vessels that were not big enough or strong enough.

words upon two topics, much discussed out of doors, upon which it is highly important that our judgments should be clear, definite and steadfast?

"One of these is economy in government expenditures. The duty of economy is not debatable. It is manifest and imperative. I assert with the greatest confidence that the people of the United States are not jealous of the

the United States are to amount their government costs if they are sure they get what they need and desire for the outlay; that the money is being spent for objects of which they approve and that it is being applied with good business sense and management.

not wish to curtail the activities of this government; they wish, rather, to enlarge them; and with every enlargement, with the mere growth, indeed, of the country itself, there must come of course, the inevitable increase of expense. The sort of economy we ought to practice may be effected, and ought to be effected, by a careful study and

"It is not expenditure but extravagance that we should fear being criticised for; not paying for the legitimate enterprises and undertakings of a great government, but adding what will ben-

"It cannot be discussed without first ascertaining what the machine owners want, and what the machineless ones want."

It is said in some quarters that we are not prepared for war. What is meant by being prepared? Is it meant that we are not ready upon brief notice to put a nation in the field, a nation of men trained to arms? Of course we are not ready to do that; and we shall never be in time of peace so long as we retain our present po-

tical principles and institutions. And what is it that it is suggested we should be prepared to do? To defend ourselves against attack? We have always found means to do that, and we shall find them whenever it is neces-

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WHAT DYSPEPTICS SHOULD EAT

A PHYSICIAN'S ADVICE.

"Indigestion and practically all forms of stomach trouble are nine times out of ten, due to acidity; therefore stomach sufferers should, whenever possible, avoid eating food that is acid in its nature, or which by chemical action in

Unfortunately, such a rule eliminates most foods which are pleasant to the taste as well as those which are rich in blood, flesh and nerve building properties. This is the reason why dyspeptics and sufferers from a usually so mild, emaciated and lacking to have vitality energy which can only come from a well fed body. For the benefit of those sufferers who have been obliged to exclude from their diet all starchy, sweet or fatty foods and are trying to keep up on miserable existing quantities of products, I would suggest that they

should try a meal of any food or foods which you may like, in moderate amount, taking immediately afterwards a glassful of bisphurated magnesium in a little hot water. The acid will neutralize any acid which may be present or which may be formed, and instead of the usual feeling of uneasiness and fullness, you will find that you are in accord with you perfectly.

Bisphurated Magnesia is the best food corrective and antacid known. It has no direct action on the stomach; but by neutralizing the acidity of the

food contents, and thus removing the irritating and irritating which inflames the delicate stomach lining. It does more than could possibly be done by any drug or medicine. As a physician, I believe in the use of medicine whenever necessary, but I must admit that I have never known a case of an inflamed and irritated stomach with drugs instead of getting rid of the acid—the cause of all the trouble. Get a little bisulphated magnesia from your druggist, and when you want to eat your next meal, take some of the bisulphated magnesia as directed above, and eat it.

**CHECK THE SYMPTOMS
OF LUNG TROUBLE**

Symptoms of severe lung trouble, such as fever, night sweats and loss of weight, etc., should be checked, or serious results will follow. Eckman's Alternative has brought about many recoveries. Read this:

"Gentlemen:- Since I was a very young woman I was a sufferer from Bronchitis. I tried doctor after doctor, getting little or no benefit. Finally I had night sweats, weak spells and lost rapidly in weight, and my doctor told me to try any medicine I pleased. I finally have Compound Mils. Mary Keibauer, who is a friend of mine, recovered after taking your Alternative, and insisted that I try it. I am now, after two years, perfectly well, strong and healthy." (Abbreviated)

(Affidavit) MRS. ROSA VOELPEL.

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